

## **Metabolism/feeling good– 30 second TV spot**

1. You may be getting older, but you're not slowing down. [Photo: Caucasian couple smiling and driving a bumper car.]
2. You're looking good, feeling good... [Photo: Caucasian man smiling with grandson on shoulders.]
3. ...and staying active. [Photo: African-American man resting on the ledge of a pool smiling.]
4. If only your metabolism would keep up with you. As you grow older, your body... [Photo: Latina woman blowing out candles at her birthday celebration with adult and children family members.]
5. ...processes food more slowly, and things like alcohol impact you more. [Photo: African-American couple eating dinner together.]
6. After 50, alcohol stays in your body longer, and at higher amounts. [Photo: Asian couple on couch with man reading and woman resting on his lap.]
7. Learn more by ordering your free copy of Getting Older & Wiser: Safer Drinking as You Age in English or Spanish. [Images of English and Spanish booklet covers. English cover photo: Latino couple smiling in front of the ocean, man is carrying woman on his back. Spanish cover photo: Latino man blowing out candles at his 50th birthday party with three members of his family by his side.]
8. Call 1-800-952-6637 or go to [mass.gov/dph/healthyaging](http://mass.gov/dph/healthyaging). [Images of booklet covers and the following text displayed: Order or download your FREE copy today! 1 -800-952-6637 TTY: 617-536-5872 [www.mass.gov/dph/healthyaging](http://www.mass.gov/dph/healthyaging).]
9. Brought to you by the Massachusetts Department of Public Health. [Photo: Massachusetts Department of Public Health seal with "Massachusetts Department of Public Health" text displayed under seal.]